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EYESUN QM-89W

EYESUN QM-89W Exercise Bike User Manual

Model: QM-89W

IMPORTANT SAFETY INFORMATION

Before using your EYESUN QM-89W Exercise Bike, please read this entire manual carefully. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or damage to the equipment.

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Ensure all parts are correctly assembled and tightened before each use. Regularly check for loose parts or wear.
- Place the exercise bike on a flat, stable surface. Use a mat underneath to protect flooring and reduce noise.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight capacity for this bike is 330 lbs (150 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Use the emergency brake to stop the flywheel instantly if needed.

PRODUCT OVERVIEW

The EYESUN QM-89W Exercise Bike is designed for effective indoor cycling workouts. It features a silent belt drive system, adjustable resistance, and a comfortable, customizable fit for various users.



Image: The EYESUN QM-89W Exercise Bike, showcasing its design and key features.

Key Components

- **Handlebar:** 4-way adjustable for height and fore/aft position.
- **Seat:** 6-way adjustable for height and fore/aft position, padded for comfort.
- **Resistance Knob:** Adjusts magnetic resistance from 0-100% and functions as an emergency brake.
- **Pedals:** Adjustable cage pedals to secure feet during exercise.
- **LCD Monitor:** Displays time, speed, distance, and calories.
- **Tablet Holder:** Integrated into the handlebar for device placement.

- **Water Bottle Holder:** Conveniently located for hydration.
- **Flywheel:** Provides smooth and consistent resistance.
- **Transport Wheels:** Located at the front stabilizer for easy relocation.

SETUP AND ASSEMBLY

Your EYESUN QM-89W Exercise Bike is approximately 80% pre-assembled for quick installation. Follow these steps to complete the assembly.

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Video: Detailed assembly guide for the EYESUN Exercise Bike (5:02 duration).

Assembly Steps (General Guide)

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Check against the parts list (not provided in this manual, refer to included documentation) to ensure all components are present.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are tightly fastened for stability.
3. **Install Pedals:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into the crank arms. Tighten securely with a wrench.
4. **Mount Seat Post and Seat:** Insert the seat post into the frame and secure it at your desired height. Attach the seat to the seat post, ensuring it is level and tightened.
5. **Install Handlebar Post and Handlebar:** Insert the handlebar post into the frame and secure it. Attach the handlebar to the post, ensuring it is centered and tightened.
6. **Connect Monitor Cables:** Carefully connect any sensor cables from the main frame to the LCD monitor. Ensure connections are firm.



Image: Illustration of a user assembling the exercise bike, highlighting the ease of setup.

ADJUSTMENTS

Proper adjustment of the seat and handlebar is crucial for comfort and effective exercise, accommodating users from 4'8" to 6'1" with an inseam of 25"-35".

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Seat Adjustment (6-Way)

- **Height:** Loosen the adjustment knob on the vertical seat post. Raise or lower the seat until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Fore/Aft:** Loosen the adjustment knob under the seat. Slide the seat forward or backward to achieve a comfortable position relative to the handlebars. Ensure your knees are aligned with the balls of your feet when pedaling. Tighten the knob securely.



Image: Visual guide for adjusting the seat height and position.

Handlebar Adjustment (4-Way)

- **Height:** Loosen the adjustment knob on the vertical handlebar post. Raise or lower the handlebar to a comfortable height that allows for a slight bend in your elbows. Tighten the knob securely.
- **Fore/Aft:** Loosen the adjustment knob on the horizontal handlebar post. Slide the handlebar forward or backward to find a comfortable reach. Tighten the knob securely.



Image: Visual guide for adjusting the handlebar height and position.

Resistance Adjustment

The resistance knob controls the intensity of your workout. Turn it clockwise to increase resistance and counter-clockwise to decrease resistance.

- **Emergency Brake:** Press the resistance knob down firmly to engage the emergency brake and stop the flywheel immediately.



Image: Diagram illustrating the resistance knob and its function for adjusting workout intensity and emergency braking.

OPERATING INSTRUCTIONS

Using the LCD Monitor

The integrated LCD monitor tracks your workout data to help you monitor progress.

- **Display Functions:** The monitor typically displays Time, Speed, Distance, and Calories burned.
- **Power On/Off:** The monitor usually activates automatically when you start pedaling and turns off after a period of inactivity.
- **Reset:** Press and hold the button (if available) to reset all values to zero.

HUMANIZED DESIGN DESIGNED FOR COMFORT



Image: Close-up of the LCD monitor and the magnetic resistance system, highlighting the smooth belt drive.

Connecting to Fitness Apps

The EYESUN QM-89W Exercise Bike supports connectivity with popular fitness applications like Zwift and Kinomap, enhancing your workout experience.

- **Sensor Cable:** Ensure the app sensor cable is correctly connected. Insert the sensor cable vertically, making sure it is perpendicular to the flywheel.
- **Bluetooth Pairing:** Follow the instructions within your chosen fitness app to pair your device with the exercise bike via Bluetooth.
- **Tablet Holder:** Use the integrated tablet holder to conveniently place your device while using fitness apps.

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Video: Guide on connecting the exercise bike to fitness applications (0:44 duration).

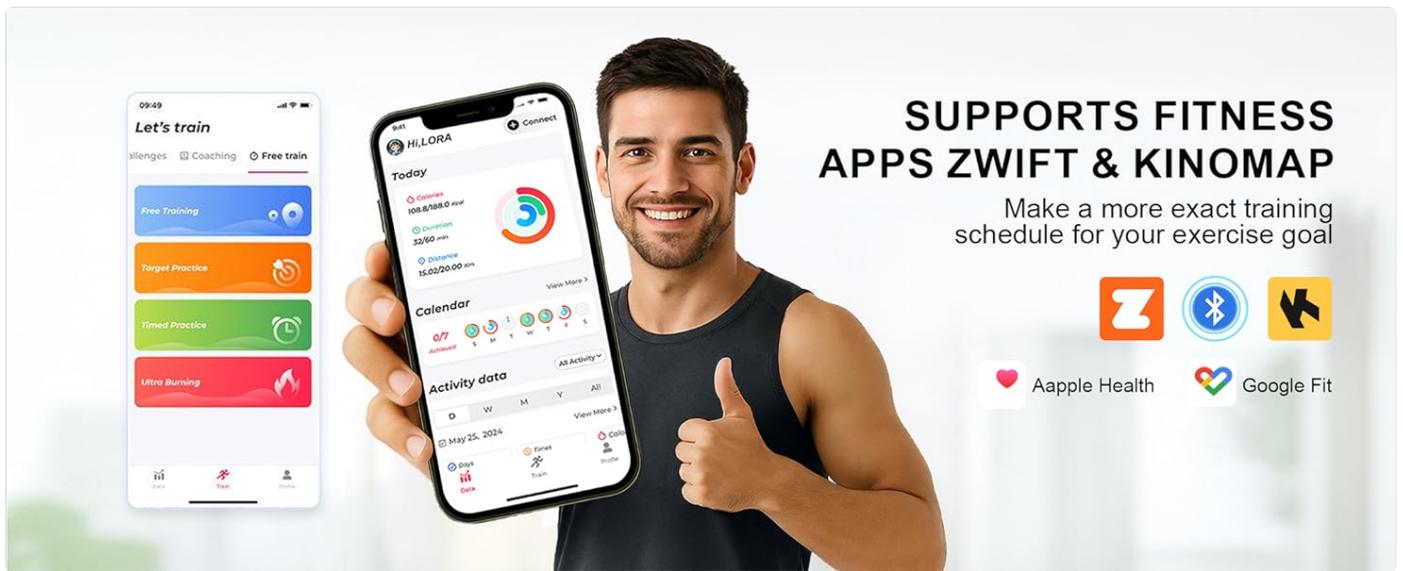


Image: Instructions for correctly connecting the app sensor cable to the exercise bike.

WORKOUT GUIDELINES

The EYESUN QM-89W Exercise Bike provides a full-body workout, targeting various muscle groups and supporting cardiovascular health.

BURN CALORIES AT HOME & SAFE CONSTRUCTION DESIGN

Thighs
Calves
Abdominals
Lower back
Buttocks
Cardio-pulmonary

330LBS
Load Capacity

I-Struction
Sturdy More Safe

13 LBS
Flywheel

Sturdy
Steel Frame

<50dB

Image: A user on the exercise bike, illustrating the muscle groups targeted during a workout (thighs, calves, abdominals, lower back, buttocks) and cardiovascular benefits.

Workout Intensity Zones

Adjust the resistance to match your desired workout intensity:

- **0-30% Resistance:** Ideal for warm-up and cool-down periods.
- **40-70% Resistance:** Suitable for sitting climb rides, focusing on endurance and moderate cardio.
- **80-100% Resistance:** For standing climb rides, providing high-intensity cardio and strength training.

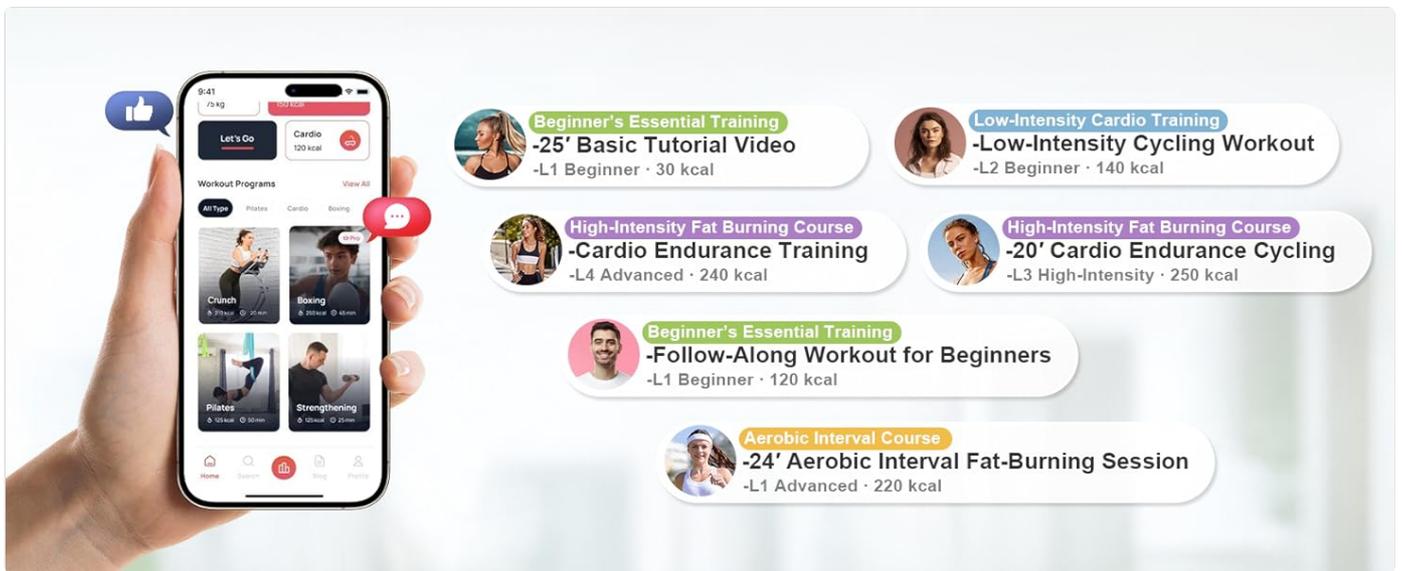


Image: Visual representation of recommended resistance levels for different workout phases: warm-up, sitting climb, and standing climb.

Injury Prevention

Proper form and bike adjustments help prevent common exercise injuries.

- Ensure your seat and handlebar are adjusted to your body for optimal posture.
- Maintain a slight bend in your elbows and knees.
- Engage your core muscles to support your back.

COMPREHENSIVE PROTECTION

Relieve stress and prevent sports injuries



Image: Illustrates how proper cycling posture on the bike can help reduce spinal pressure, protect knees, relieve shoulder and back pain, and prevent lumbar muscle strain.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your exercise bike.

Cleaning

- Wipe down the bike with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

Regular Checks

- Periodically inspect all bolts, nuts, and moving parts to ensure they are securely tightened.
- Check the belt drive for any signs of wear or damage. While designed for durability, regular inspection is recommended.

- Ensure the pedals are firmly attached and spin smoothly.

Storage

The EYESUN QM-89W features a space-saving design, covering only 5.44 sq ft, and includes transport wheels for easy movement.

- Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.
- Use the transport wheels to move the bike by tilting it forward and rolling it to your desired location.



Image: A woman demonstrating how to easily move the exercise bike using its integrated transport wheels, highlighting its space-saving design.

TROUBLESHOOTING

Refer to the table below for common issues and their solutions.

Problem	Possible Cause	Solution
Bike is wobbly or unstable.	Loose bolts; uneven surface.	Check and tighten all assembly bolts. Ensure the bike is on a flat, stable surface. Adjust leveling feet if present.
Squeaking or grinding noise during use.	Loose components; friction from moving parts.	Inspect all connections and moving parts. Ensure the belt drive is clean. If noise persists, contact customer support.
LCD monitor not displaying data.	Loose sensor cable; dead batteries.	Ensure the sensor cable is securely connected (refer to Operating Instructions). Replace batteries in the LCD monitor if applicable.
Resistance not changing or inconsistent.	Resistance mechanism issue.	Ensure the resistance knob is functioning correctly. If the issue persists, contact customer support.
Seat feels wobbly during pedaling.	Seat adjustment knob not fully tightened.	Ensure both the vertical and horizontal seat adjustment knobs are tightened securely. If the issue persists, check the seat mounting bolts.

SPECIFICATIONS

Feature	Detail
Model Number	QM-89W
Product Dimensions	100.08 x 50.55 x 103.89 cm (39.4 x 19.9 x 40.9 inches)
Item Weight	24.99 kg (55.1 lbs)
Maximum Weight Capacity	330 lbs (150 kg)
Material	Alloy Steel
Drive System	Belt Drive
Resistance Mechanism	Magnetic
Adjustable Handlebar	4-Way (Height, Fore/Aft)
Adjustable Seat	6-Way (Height, Fore/Aft)
Recommended User Height	4'8" to 6'1"
Inseam Range	25"-35"
Power Source (Monitor)	Battery Powered (Batteries not included)

WARRANTY AND SUPPORT

EYESUN is committed to providing quality products and customer satisfaction.

Warranty Information

Your EYESUN QM-89W Exercise Bike comes with a **24-month worry-free warranty**. This warranty covers manufacturing defects and ensures reliable performance of your product.

Customer Support

For any questions, concerns, or warranty claims, please contact our dedicated customer service team. We offer 24/7 support to assist you.

Email: support@eyesun.net

Website: For warranty activation and additional support, visit <https://eyesun.net/warranty>



Image: Overview of EYESUN's customer service offerings, including extended warranty, money-back guarantee, and 24/7 support.